

2008-2009 Heart Rate Monitor Grant Awards

Nine schools applied for the 2008-2009 Heart Rate Monitor Grant program. Three schools were awarded a total of \$26,890.00 to:

1. Document and increase the amount of time high school students spend engaged in moderate to vigorous physical activity during physical education.
2. Develop student self-knowledge, personal goal setting and fitness planning skills for lifetime physical activity.
3. Develop students' 21st century skills of tracking, interpreting and evaluating personal physical activity effort with objective, technological measures.

Mount Abraham UHSD (7-12)	\$8,997.00
South Royalton School (K-12)	\$8,893.00
Williamstown Middle/High School (6-12)	\$9,000.00

For more information contact:

Lindsay Simpson, Physical Education Consultant
Vermont Department of Education
120 State Street
Montpelier, VT 05620-2501
(802) 828-1461
lindsay.simpson@state.vt.us